

Pauline Furlong's Talks On Health and Beauty

A Systematic Course Will Put You at Right Weight

It is not true that we should get fat in middle life or old age and while it is a fact that nature will add some fat to the healthy body after early youth, to protect it from the cold, this amount is so small as to be hardly noticeable and certainly never gross or unbecoming.

Nature supplies this extra amount of fat because the circulation, which is so rapid in youth, usually becomes sluggish in later life through lack of exercise, but the thready theory that so many women use that "every one gets fat after forty," has long since exploded.

Of course women who work strenuously during the day may continue to consume their accustomed amount of food with little fear of superfluous fat accumulating, because excess fat cannot remain or even become lodged in muscles which are continually active.

Any woman can make her weight just what she wishes it to be by following a systematic course of simple daily exercises for all parts of the body, and carefully choosing only nourishing, wholesome foods, which are neither particularly fattening nor reducing.

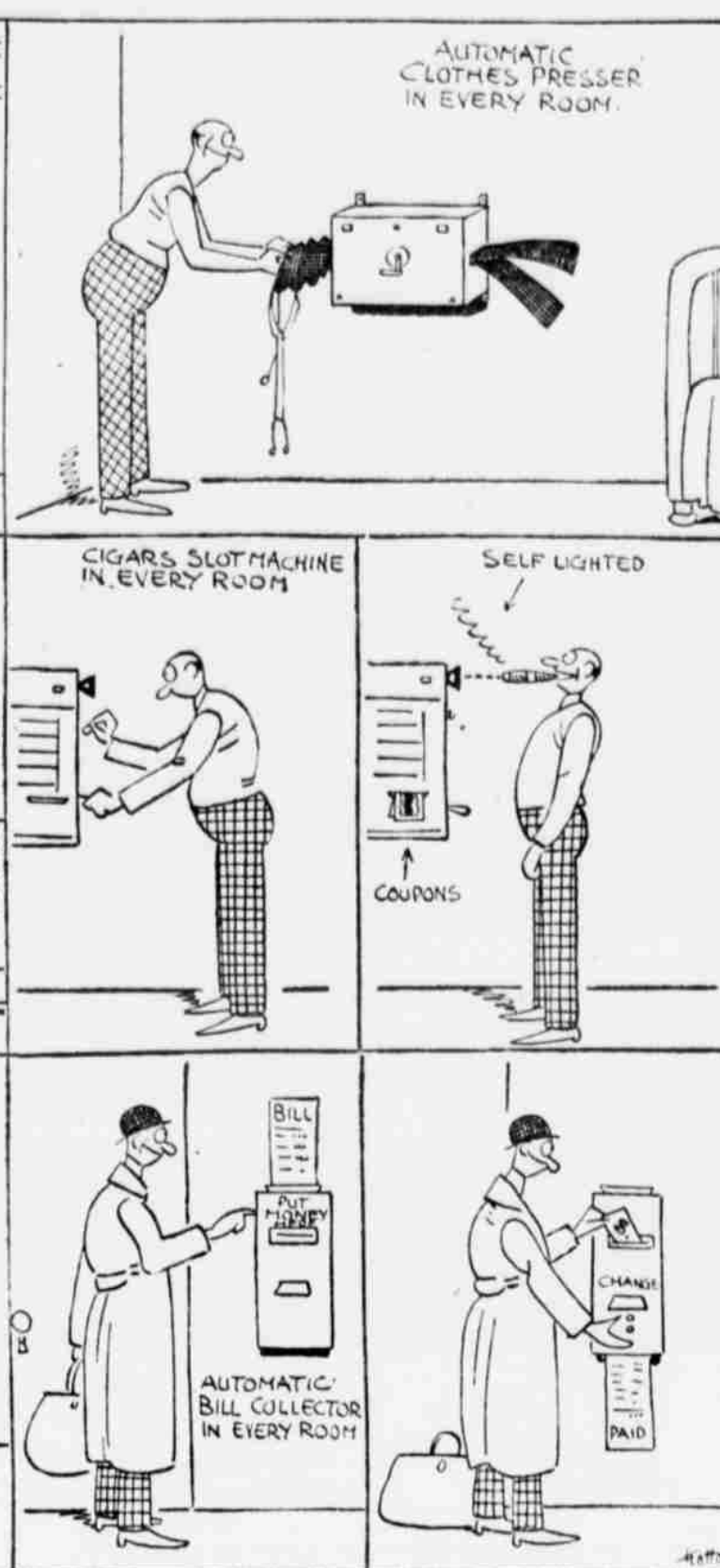
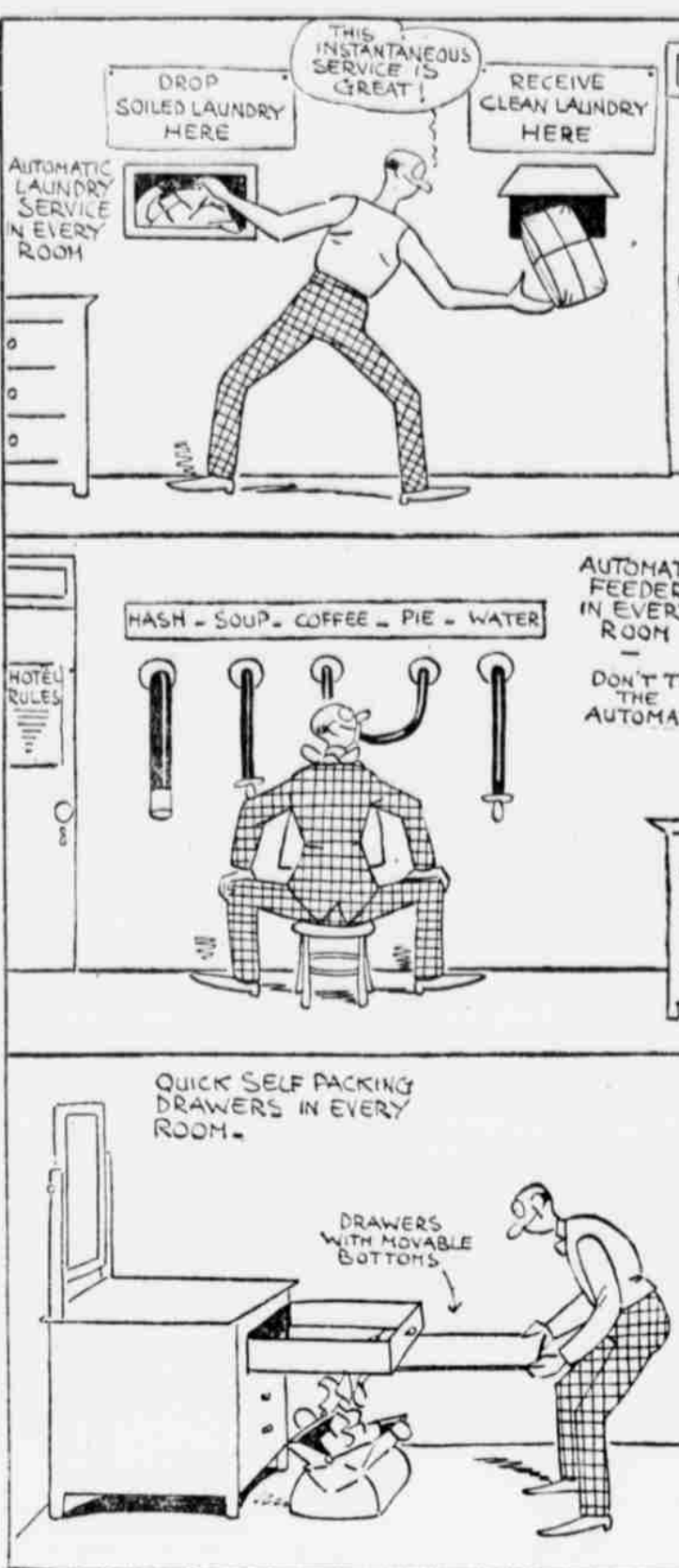
System is necessary in every walk of life, and the woman who desires to lose weight must make a careful study of the subject and then, after considering all the factors which will help her in her undertaking, she should follow the course with patience and persistence.

Stout women have one consolation, however, and that is, "it is not the size as much as the shape that really counts," and should aim to reduce uniformly and evenly so that the body will be in the right proportion for the height and age. This may all be accomplished if intelligence is used during the period of your reduction.

PROPER CARRIAGE—Mrs. B. L. J. Any woman who carries herself well and dresses properly will look well on the street, no matter how stout she may be, and it is a great mistake for you to give up and just let things go because you "cannot reduce." Hold the chest, bust and chin up, the abdomen and shoulders back. Swing the legs from the hips in an elastic step as you walk and wear one piece dress, with no break at the waist line and no trimmings—except perhaps that running up and down. While I personally know very little about exercise, I have learned from an expert in fitting large

The Tipless Hotel

By Maurice Ketten



Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick
Copyright, 1919, by The Press Publishing Co., (The New York Evening World)
A Smart Spring Suit.



WOOLLEN OR SILKEN TEXTURE SUITABLE FOR THIS MODEL.

Advice to Lovers

By Betty Vincent.

If the girl you love marries another man is it a sign of weakness to decline an invitation to visit at their home? My answer is no—it is not a weakness, but rather an evidence of dignity and strength. The letter of "L. D." who brings up this question, is so interesting that I print it here:

"I am twenty-five years old. For two years I loved and paid constant attention to a young woman two years younger than I. I loved her greatly and many times expressed my love, her replies always being to the effect that it was reciprocated.

"My salary is forty dollars a week. This was not sufficient to provide such a home for her as I desired, so I hesitated to suggest marriage, though I was under the impression constantly that we were to be married just as soon as my income would warrant it.

"Two months ago we had a petty quarrel. I apologized next day and she accepted it. Two days later my friend sent me away on business which kept me absent for five weeks. On my return I learned of the marriage of this young lady to a man who had been my sole chum for six years.

"The hurt went deep into my heart, and I have not been able to throw off my unhappiness. The other day I received from this couple an invitation to accept them as guests. I really cannot say it in view of their betrayal, yet I feel that this denotes weakness, as I am undecided what I ought to do.

"L. D."

Lacking further particulars, it looks to me as if the young woman in the case had rather mercenary ideals of marriage. Forty dollars a week is not a huge salary considering present cost of living, yet it is a fairly generous income for a young couple of moderate tastes. A man who earns \$40 a week at the age of twenty-five has every reason to feel he is capable of unlimited possibilities. Few men start married life on as wide a margin as that allows. A man at twenty-five cannot hope to establish a wife on as luxurious a scale of living as he would probably like. But any sincere girl who loves a man ought to be willing to start the home on that—or less than that, especially in these days of women's opportunities for increasing the family income, not to mention the easy modern methods of housekeeping.

It is possible that the girl did not understand. She may have been one of those who needed an actual pledge and promise, with a ring and all that, before she understood her sweetheart's feelings toward her. She may have felt that she was slipping into one of those "blind alleys" of waiting that mar so many young girls' lives. In this case great danger lurks in the renewal of friendship. If she does retain feelings of tenderness for the first man they will almost surely come to the surface under the influence of her curiosity as to a married woman. It will be a temptation to her to find out if she still has influence over you. It is a human weakness, this love of knowing the emotions of others. Women have it especially strong. It has been said that a woman never lets go of a man who has once loved her if she can help it. She feels a sort of personal affront if he ceases to be interested in her. If he marries she often nurses a sense of real bereavement.

If this woman does not love you at least there is still danger in

Korak Gazes Down Upon His Meriem and Sees Her in the Arms of Another Man

By Edgar Rice Burroughs.

Meriem, the beautiful girl who had been the love of Korak, was returning to his village. He had followed her as best he could and had reached the camp after Meriem and her lover had been there for some time. He had seen her in the arms of another man, and he had seen her in the arms of another man.

CHAPTER XIV.

Continued.

"It is mighty good of you, Han-son," replied Meriem, warning up a bit; "but what can I do to help you here in this God-forsaken hole?"

"I'll tell you what you write her a note, and I'll get it to her by my head man. Ask her to meet you at my goodby—she won't refuse that. In the meantime you can be moving camp a little farther north all the time, and you can make arrangements with her to be all ready on a certain night. Tell her I'll meet her there while you wait for us in camp. That'll be better, for I know the country well and can cover it quicker than you. You can take charge of the safari and be moving along slow toward the north, and the girl and I'll catch up to you."

It was a clever plan that Han-son unfolded to Meriem, clever from Han-son's point of view. It was nothing less than that he should make a try with Meriem, explain that Baynes had hurt his foot from a fall, and take her to camp.

How cleverly it worked can be told in few words. A week later Meriem found herself on the bank of a stream, virtually the captive of Han-son, whom she recognized as Han-son, the Swede, who had tried to shoot her once before. And there he stood, smiling at her, and she knew that his nature had not changed in the least, for he was searching for some intention of escape, and how she succeeded, after drawing the man's revolver from its holster and striking him in the face with it.

The Son of Tarzan

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CHAPTER XV.

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S. O. S. Stand To!

By SERGEANT REGINALD GRANT

A Thrilling War Book, in Which "Horseshoe" Grant Tells the Experience of Three Years in the Trenches.

Begins Next Monday on This Page

CHAPTER XVIII.

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CHAPTER XX.

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Will you please

help me with a design

for a dress of in-
closed sample of
brown and black
chanceable silk? Am
I have and a half feet
tall, thirty-five years
old, dark skin, gray-
blue eyes, brown hair.
Would like it simple
as I shall make it
myself. MISS J. M.

Would suggest

combining Georgette

in this way for drap-
ery, as your silk is
rather stiff. Match
the brown color for
your Georgette.

To Mrs. V. K. Design for Miss B.

would be suitable for your materials,
using the stripe on the crosswise for
panel and cuffs.

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